

Spicy Potato Soup I



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



335 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings ground pepper black to taste
- ☐ 1 dash paprika
- ☐ 6 large potatoes cubed
- ☐ 2 bell peppers diced red seeded
- ☐ 6 servings salt to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 8 cups water

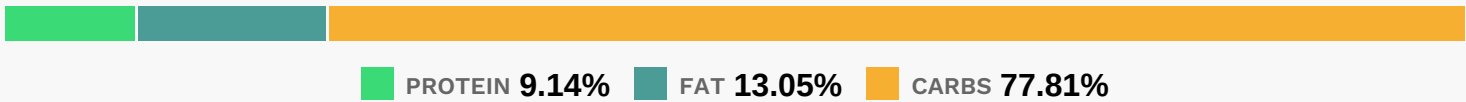
Equipment

sauce pan

Directions

- In a saucepan, fry potatoes in oil until golden brown.
- Stir in peppers, water, and seasonings. Cover, and simmer until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:47.7, Inflammation Score:-9, Nutrition Score:22.020869664524%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 334.82kcal (16.74%), Fat: 4.99g (7.68%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 66.93g (22.31%), Net Carbohydrates: 57.95g (21.07%), Sugar: 4.55g (5.05%), Cholesterol: 0mg (0%), Sodium: 233.32mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Vitamin C: 123.47mg (149.66%), Vitamin B6: 1.2mg (60.23%), Potassium: 1638.94mg (46.83%), Fiber: 8.98g (35.93%), Manganese: 0.62mg (31.13%), Vitamin A: 1258.1IU (25.16%), Magnesium: 92.99mg (23.25%), Copper: 0.46mg (22.87%), Phosphorus: 220.85mg (22.09%), Vitamin B3: 4.28mg (21.4%), Vitamin B1: 0.32mg (21.12%), Folate: 77.31µg (19.33%), Iron: 3.06mg (17.03%), Vitamin K: 17.47µg (16.64%), Vitamin B5: 1.22mg (12.2%), Vitamin B2: 0.15mg (8.95%), Zinc: 1.2mg (8.02%), Vitamin E: 1.04mg (6.94%), Calcium: 57.12mg (5.71%), Selenium: 1.15µg (1.65%)